

## Stepping Out



## SALAD BARS

**Objective:** To recognize how salad bar choices affect the nutrients in a meal.

1. Complete a salad bar from the Salad Bar choices sheet. Enter serving size, quantity and unit of measure for each of your choices.
2. Record nutrient information for your salad bar in the chart below.

	Calories	mg Cholesterol	mg Sodium	g Fiber	g Protein	g T-Fat	g S-Fat
Salad Bar							

3. Add your chosen ingredients to the Production Record Salad Bar sheet. Estimate leftovers.

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1. Which foods increased fat content most?

**Salad Dressing**

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2. Which foods increased sodium content most?

**Ham/Salad Dressing**

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3. What steps could be used to provide healthy salad bars?
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4. What steps could be used to improve the student's selections?
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